

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings of claims in the application:

**Listing of Claims:**

Claim 1. (Currently Amended) An exercise device for use in exercising parts of a user's body, comprising:

A garment having a first end and a second end, ~~the first end having a ventilated area and the second end having a body area, the ventilated area having an open area free of material and the body area adapted to constrict around a body part of the user;~~

a member disposed between the first end and the second end, the member adapted to be being flexibly positioned around ~~a~~ the body part of the user;

a plurality of pockets uniformly disposed around the member, each of the plurality of pockets adapted to removably hold at least one weight; and

a handle fastened within the member near the first end, wherein the handle is adapted to connect ~~connects~~ with the body part of the user to maintain contact between the body part and the member while the body part performs exercise movements.

Claim 2. (Cancelled)

Claim 3. (Currently amended) The exercise device according to Claim 2 1, wherein the plurality of pockets are configured to accept different sizes of the at least one weight ~~plurality of weights~~.

Claim 4. (Currently Amended) The exercise device according to Claim 2 1, wherein the at least one weight is ~~plurality of weight are~~ flexibly positioned within ~~with~~ the plurality of pockets.

Claim 5. (Cancelled)

Claim 6. (Cancelled)

Claim 7. (Original) The exercise device according to Claim 1, wherein the handle is horizontally fastened with respect to the first end.

Claim 8. (Original) The exercise device according to Claim 1, wherein the handle is vertically fastened with respect to the first end.

Claim 9. (Original) The exercise device according to Claim 1, wherein the handle is releasably fastened with respect to the member.

Claim 10. (Original) The exercise device according to Claim 1, wherein the handle is configured to torsionally resist movement with respect to the member.

Claim 11. (Currently Amended) The exercise device according to Claim 1, the body area of the garment being adapted to constrict around ~~wherein the body part comprises a hand and forearm of the user.~~

Claim 12. (Currently Amended) An exercise device which moves in conjunction with a body part of a user through exercise movements, comprising:

a garment having a first end and a second end, the first end having a ventilated area and the second end having a body area, the ventilated area ~~comprises~~ comprising an open area free of material while the body area ~~is adapted to configure~~ configures around the body part ~~of the user;~~

a member disposed between the first end and the second end, the member adapted to be ~~being~~ flexibly positioned around the body part;

a plurality of pockets uniformly disposed around the member;

a plurality of weights, each weight being configured to be removably inserted into a respective one of the plurality of pockets, the plurality of weights ~~being~~ being flexibly positioned within the plurality of pockets; and

a handle fastened within the member near the first end, wherein the handle is adapted to connect ~~connects~~ with the body part to constrain the member to the body part while the body part performs the exercise movements.

13. (Original) The exercise device according to claim 12, wherein the plurality of pockets are configured to accept different sizes of the plurality of weights.

14. (Original) The exercise device according to Claim 12, wherein each weight comprises a solid deformable member.

15. (Original) the exercise device according to Claim 14, wherein each pocket constrains the solid deformable member.

16. (Original) The exercise device according to Claim 12, wherein the handle is horizontally fastened with respect to the first end.

17. (Original) The exercise device according to Claim 12, wherein the handle is vertically fastened with respect to the first end.

18. (Currently Amended) A method of using an exercise device which moves in conjunction with a body part which is moving through exercise techniques comprising:

inserting a plurality of weights into a member;

inserting a body part through a body area of a the member;

uniformly disposing the member around the body part;

connecting the body part with ~~a handle of the member~~ the member by a handle; and

constraining the body part to the member while the body part performs exercise techniques. ~~techniques;~~ and

ventilating the body part during the exercise techniques.

19. (Cancelled)

20. (Cancelled)

21. (Currently Amended) The method according to Claim ~~24~~ 18, wherein the plurality of weights are solid deformable members.

22. (Cancelled)

23. (Previously Presented) The method according to Claim 18, further comprising torsionally resisting the exercise movements.

24. (New) The exercise device according to Claim 1, the body area of the garment being adapted to constrict around a foot, ankle, and lower leg of the user.

25. (New) The exercise device according to Claim 1, wherein the handle is moveable between a horizontal position and a vertical position.